

# For A HealthierYou

Quarterly Employee Health e-Newsletter



NASA Office of the Chief Health and Medical Officer  
NASA Occupational Health, [www.ohp.nasa.gov](http://www.ohp.nasa.gov)

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## Healthy Aging: Ten Ways to Spend Less on Health Care

Maintaining health and productivity while ensuring safety is a mutually shared vision of the Agency and its workforce. To that end, the NASA Office of the Chief Health and Medical Officer (OCHMO) has dedicated the four 2009 Issues of *For a HealthierYou e-newsletter* to the topic of Healthy Aging. This Issue will focus on remaining healthy while spending less on health care.

The Institute for Good Medicine at the Pennsylvania Medical Society offers these ten ways to avoid additional health care expenditure, to take good care of yourself, and to learn what healthy habits to start or continue:

- 1. Take your medications as prescribed.** Ask your doctor if a generic drug would be appropriate. Learn about prescription drug assistance programs; they are run by pharmaceutical companies to provide free medications to people who cannot afford their medicine.
- 2. Pay attention to early warning signs** of health problems. The longer you wait, the more costly (emotionally, physically, financially, spiritually) it can be to treat.
- 3. Keep important medical appointments and [Keep Your Personal Medical Information Form available and updated](#).** The Form was designed for use during disasters but it can be helpful in everyday care. For a list of federally-funded health centers visit [US Department of Health and Human Services website](#).
- 4. Continue self-exams and take advantage of free health screenings** at local clinics, hospitals, or health fairs.
- 5. Fill out the [online Health Assessment](#) offered by OCHMO and prepared by Mayo Clinic.** In just a few minutes the assessment's personalized report offers valuable suggestions for making positive lifestyle changes.
- 6. If you smoke, quit.** Smokers pay approximately \$16,000 to \$18,000 more in health care costs over their lifetime than non-smokers. [Kick the habit online by registering on Mayo Clinic EmbodyHealth.](#)
- 7. Get Moving** because regular exercise has many advantages including lowering your risk of many diseases, relieving the pain of arthritis, and reducing symptoms of anxiety and depression.
- 8. Eat Healthy.** Try cooking at home including more fruits and vegetables in each meal. [For great recipes, cooking tips, and shopping list click on this link.](#)
- 9. Be more careful.** The riskier your lifestyle, the more likely you are to have health problems. Take simple precautions in daily life.
- 10. Be resourceful.** Take advantage of workplace health promotion programs offered by [OCHMO HealthierYou](#) and [Mayo Clinic EmbodyHealth.](#)

## Resources

[www.myfamilywellness.org](http://www.myfamilywellness.org)

For self-care issues, tips on healthy living, and means of keeping your mind and body primed, visit [www.nasahealthieryou.com](http://www.nasahealthieryou.com). The unique identifier is **healthiernasa**, one word not case sensitive.